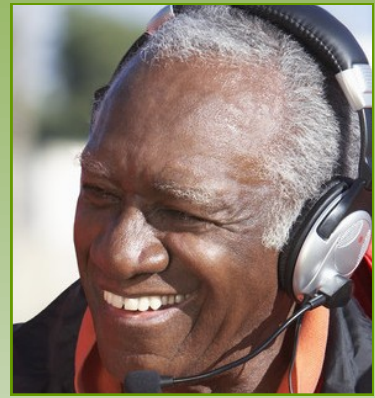
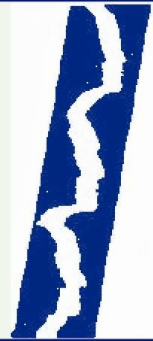


*27th  
Annual*

*MEETING the  
CHALLENGES  
& Opportunities  
of AGING*



**Saturday, May 22, 2010**

*New Location:*

**Crestwood Christian Church  
1882 Bellefonte Drive • Lexington, KY**

The 27th Annual Meeting the Challenges and Opportunities of Aging will be a fun and informational day with the excellent speakers, exhibits, food, and friendship you've come to expect from this Conference. To better serve attendees, several exciting changes will take place this year:

New, accessible location with on-site parking

Exhibits available all day

Job search & resume assistance

Caregiving resources

Lower registration fee

and much more!

**Registration Deadline May 14, 2010**

# ***The Care and Feeding of Happiness***

**Keynote Speaker: Teresa Gevedon, M.D.**



**Keynote Address:** We invite you to join us as we discover new ways to recognize, explore, and grow happiness in everyday life. Who is happy? Why are they happy? Can we all have some? Dr. Gevedon will help us be more aware of the seeds of happiness, how to cultivate mindful enjoyment and recognize the fruits of fulfillment, including health benefits.

**Dr. Terry Gevedon** is a native Kentuckian, a graduate of Transylvania University and the UK College of Medicine. She served in the National Health Service Corps as a staff psychiatrist in Maysville, Ky., before returning to UK. She has served on numerous clinical, administrative and advisory entities, has remained committed to teaching and has received several awards for resident supervision. Dr. Gevedon is an Associate Professor in the Department of Psychiatry & Director of Outpatient Services. Her specialty interests are women's issues, affective disorders and adaptation to stress.

***27th Annual Meeting the Challenges & Opportunities of Aging  
presented, in part, by support from  
Office of Aging Services & Independent Living,  
Lexington-Fayette Urban County Government  
and these generous sponsors:***

- Accessible Home Healthcare
- Dunkin' Donuts
- Home Instead Senior Care
- Lifeline Home Health
- Mayfair Village
- Sally Advertising, LLC
- University of Kentucky
- Fayette County Cooperative Extension Service, *College of Agriculture*
- Graduate Center for Gerontology, *College of Public Health*



Printing provided  
by [eliteprinting.net](http://eliteprinting.net)

## **Conference Media Sponsors**



## **CONFERENCE SCHEDULE**

**8:30 a.m. - 9:00 a.m. Registration (Coffee and Pastries served)**

**9:00 a.m. - 9:15 a.m. Welcome: Graham Rowles, Ph.D.**

*Professor, Graduate Center for Gerontology, U.K.*

*Chair, Institute for Aging, Commonwealth of Kentucky*

**9:15 a.m. - 9:45 a.m. Keynote Address: Dr. Teresa Gevedon**

*The Care and Feeding of Happiness*

### **Special Opportunities**

**9:45 a.m. to 12:00noon Job Search Assistance: Turning Hobbies into a New Career**

The Society for Human Resource Management and the Lexington Public Library Outreach Service Mobile Computer Lab will provide resume assistance, job search techniques, and assistance applying for jobs online.

**9:45 a.m. - 2:30 p.m. Caregiver Resources**

Look for the ♥ to indicate workshops that may be of special interest to caregivers. In addition, a variety of exhibits will be on-site throughout the day to provide information.

### **10:00 - 10:45 a.m. SESSION ONE WORKSHOPS & JOBS ASSISTANCE**

---

**1. Looking Back, Thinking Ahead: Today's U.S. Foreign Policy in Historical Perspective**

**George Herring, Ph.D.,** *Professor Emeritus, Department of History, U.K.*

Dr. Herring will provide a broad perspective of the history of foreign policy, what principles have guided U.S. foreign policy in the past, examine our changing place in the world today, and suggest modifications that need to be made to adapt to changing circumstances.

**2. Being Green & Graceful in the Kitchen**

**Benita McCoy-Lyons,** *Author and Cooking Instructor*

This session will offer a hands-on study guide to sustainable methods of cooking & shopping along with instructions for the "Empty Nester" to downsize the kitchen and its pots & pans. Benita will discuss ways to incorporate sustainable methods into our daily menus, how to become more mindful of what we eat and feed our loved ones, and how to preserve the lost art of scratch cooking and fresh preserving.

(Session One Workshops continued on next page....)

## **10:00 - 10:45 a.m.      SESSION ONE WORKSHOPS (continued)**

---

### **3.      Citizens Police Academy**

**Debbie Wagner** , *Police Officer, Coord. Citizens Police Academy, Lex. Division of Police*  
The Citizens Police Academy, a 36 hour course, offers citizens of Fayette County new insights into how police officers perform their duties, and how the department serves the community. Officer Wagner will give an overview of the academy, schedules, tours and the Academy Alumni Association.

### **4. ♥   Panel: Difficult Decisions for Caregivers: Memory, Downsizing, Budgeting & Planning** **Marie Smart**, *Family Care Specialist, Sanders-Brown Center on Aging*

**Lea Nugent**, *Owner, Caring Transitions*

**Carolyn Wheeler**, *Special Care Planner, Mass Mutual Financial*

Our panelists will focus on some of the most common and most difficult decisions faced by caregivers including: why “*A Wing and A Prayer*” is not a plan; budgeting and the importance of planning for long-term care expenses; helpful tips on downsizing: how to enjoy the process, create a smooth move with the least amount of uncertainty and disruption, and how to settle in after the move; symptoms of dementia that should trigger a cognitive evaluation and safety concerns of daily living, including driving.

## **11:00 - 11:45 a.m.      SESSION TWO WORKSHOPS & JOBS ASSISTANCE**

---

### **5.      The Humor in My Life**

**Dorothy Large with guest Jack Pattie**, *WVLK - AM News Talk 590*

Dorothy will entertain you with how humor and happiness play out in her life everyday. Topics will include laughing out loud and how to look at the bright side.

### **6.      The Arboretum, State Botanical Garden of Kentucky**

**Marcia Farris**, *Director, The Arboretum*

Whether your wish is to enjoy the beauty of nature on a visit, to extend your knowledge with one of a variety of available classes, or to give your time and talent by volunteering, the possibilities at The Arboretum State Botanical Garden are endless.

### **7. ♥   Promoting Normal, Healthy, Brain Aging: A Model for Brain Wellness**

**Greg Jicha, M.D., Ph.D.** , *Assistant Professor, UK Sanders-Brown Center on Aging, Alzheimer's Disease Center*

Some people maintain the brain health of a young adult past the age of 100 years. We will review the role of medical conditions, diet and exercise in promoting brain wellness. Hot topics include DHA (an omega-3-fatty acid) and resveratrol (the compound in red wine that promotes longevity), as well as recent data on the benefit of the Mediterranean diet, physical exercise and health. The benefits of an active social life are stressed as one of the most important contributors to normal healthy brain aging. Lastly, we'll focus on early memory decline and what we can do to help slow progression of early preclinical Alzheimer's disease.

**12:00 noon**

**Luncheon, Exhibits and Door Prizes**

**Jack Pattie, Emcee, *WVLK - AM News Talk 590***

**Welcome & Greetings**

**Mayor Jim Newberry, *Lexington - Fayette Urban County Government***

**Luncheon Presentation**

***World Equestrian Games: What's Happening & How To Get Involved!***

The World Equestrian Games are comprised of the world championships for eight equestrian sports-dressage, driving, endurance, eventing, jumping, para dressage, reining and vaulting. During this presentation, you will learn more about the events going on throughout the competition and in the community, trade show, tickets, and how you can get involved.

**1:30 - 2:15 p.m.**

**SESSION THREE WORKSHOPS**

---

**8. Tweet, Tweet: Social Networking 101**

**Ruthie Maslin, *Manger, Outreach Services, Lexington Public Library***

"Friend" your kids and "Tweet" your grandkids! From Facebook to Twitter, Social Networking is all the rage these days. This session will present tips and tricks to get started. It's easy and fun, and everyone can do it. Ruthie will give an overview of Social Networking options, provide tools to get started and skills to connect online.

**9. Line Dancing with Mary Jo**

**Mary Jo Holland, *Dance Instructor, Lexington Senior Citizens Center & Lex. Athletic Club***

Mary Jo will lead a short exhibition of Line Dancing, then get up, get ready to move and join in! You will have lots of fun learning new steps and a new way to exercise.

**10. Leaving a Paper Trail: The Importance of Telling Your Story**

**Jan Isenhour, *Executive Director, Carnegie Center for Literacy and Learning***

Reaching a certain age may offer you more time to reflect on the life you've lived. This session will talk about the value of telling life stories and will give tips (and motivation) for: telling your story; how to get started; what to include; and what to omit. Participants will do a little writing and sharing together.

**11. ♥ Community Resources: Ten Best Kept Secrets**

**Terri Kanatzar, *Program Coordinator, University of Kentucky Elder Care***

UK Elder Care has developed a Top Ten List of local elder care resources. In this session participants will gain an understanding of the various resources available in the community for older adults, the cost of these programs, and where you can get more detailed information. Terri will also provide numerous resources specifically designed for caregiver information, education, and support.

***The Planning Committee of Meeting the Challenges and Opportunities of Aging  
would like to extend a Special Thank You to Crestwood Christian Church  
for opening up their facilities for this year's conference!***

***Crestwood Christian Church  
1882 Bellefonte Dr.  
Parking is available on-site!***

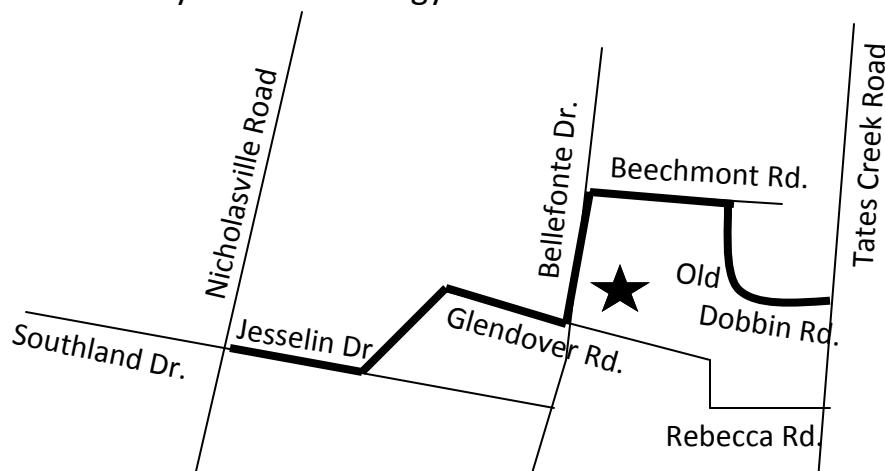
Parking for Challenges of Aging will be located on-site at Crestwood Christian Church on the corner of Bellefonte and Glendover (near Glendover Elementary School). Volunteers will be on-site to help direct you.

**From New Circle Road:** Exit north onto Bates Creek Road or Nicholasville Road and follow the directions below.

**From Bates Creek Road:** Heading North, turn left onto Old Dobbin Rd. (across from Centenary Methodist Church - the 3rd of the large churches on your right). Take a left at Beechmont and left at Bellefonte Drive. Turn into the first parking lot on your left and use the entrance under the covered walkway closest to the gym.

**From Nicholasville Road:** Heading North, turn right onto Jesselin Drive (the extension of Southland Dr.). Follow Jesselin Drive as it curves to the left and around to the right to become Glendover Road. At the 4 way stop, turn left onto Bellefonte Drive. Take the 2nd driveway into the parking lot on your right. Use the entrance under the covered walkway closest to the gym.

**From Downtown Lexington, East Main St.:** Turn right onto South Ashland Avenue. Take the 2nd left onto East High Street - which will turn into Bates Creek Road. Turn right onto Old Dobbin Rd. (which will be the first right after you cross Alumni Drive). Left at Beechmont and left at Bellefonte Drive. Turn into the parking lot on your left. Use the entrance under the covered walkway closest to the gym.



---

# **REGISTRATION FORM - Deadline May 14, 2010**

**REGISTRATION FEE: \$10**

Make checks payable to: **COMMUNITY FCS**

Send payment and this form to:      **Fayette County Cooperative Extension Office  
c/o Challenges of Aging  
1140 Red Mile Place  
Lexington, KY 40504-1172  
(859) 257-5582**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_ **Age:** \_\_\_\_\_

If you are under age 60, do you provide care for an older adult? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Circle the workshops of your choice. Tear out this form and mail to the address listed above.**

First Workshop      10:00 a.m. - 10:45 a.m.      (Circle One)    #1    #2    #3    #4

Second Workshop    11:00 a.m. - 11:45 p.m.      (Circle One)    #5    #6    #7

Third Workshop      1:30 p.m. - 2:15 p.m.      (Circle One)    #8    #9    #10    #11

☐ ***If requesting a vegetarian lunch, please check here.***



**Do you require an accommodation, due to a disability, in order to fully participate in the program? If yes, please call 257-5582 by May 12<sup>th</sup> to make arrangements.**

**Thank you.**

**Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.**

## ***27th Annual Meeting the Challenges & Opportunities of Aging See What's New in 2010!!***

### ***Job Search Assistance: Turning Hobbies into a New Career***

Assistance with resumes, online job searches, job search techniques.

### ***Caregiver Resources***


A variety of workshops and exhibits will be of special interest to caregivers.

### ***New Features***

Look for exhibits available all day, a more accessible facility, a lower registration fee and many other exciting changes in 2010!

***With Special Guests:***      *Dr. Terry Gevedon*  
   *Mayor Jim Newberry*  
   *Mr. Jack Pattie*  
   *Dr. Graham Rowles*

CHANGE SERVICE REQUESTED

COOPERATIVE  
EXTENSION  
SERVICE  
  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture  
Cooperative Extension Service  
University of Kentucky  
Fayette County Cooperative Extension Service  
1140 Red Mile Place  
Lexington, KY 40504-1172  
Official Business